

VITAMINES VITAL FOOD ELEMENTS

Housewife Must Be Careful or She May Destroy Them

What are the elusive "vitamines" which everyone is talking about? How much need the housewife know of them in order to plan balanced meals?

Briefly, vitamins are the vital element of food. In a moment of fancy, someone has called them the soul of food. Without vitamins, the most nutritious food loses its power of promoting growth and keeping the body functions normal.

Cooking Destroys Vitamins. Any process of cooking or refining food, tends to destroy the vitamins, more so in some cases than others. It behooves the housewife then to become familiar with the various sources of vitamins, that she may not unwittingly deprive her family of the needed supply.

There are three distinct kinds of vitamins, known by the terms "A," "B," and "C," whose functions are each different.

The vitamins "A" is called fat-soluble because it is found in fat cells. This vitamin promotes growth, and is especially important for the young on this account. Many children who do not lack for quantity of food, suffer from malnutrition for want of this vitamin.

Abundant sources: Butter, cod-liver oil, egg yolk.

Moderate sources: Cream, mutton and beef fat, animal organs (heart, kidney, brain), fresh fat fish (salmon, herring), raw milk, raw cabbage, lettuce, raw carrots, spinach (fresh or dried).

Heat Harmful. Continued high heat that is necessary for canning destroys this vitamin in meat and fish, while the mere boiling point injures the vitamins of milk and the green leafed vegetables.

The water-soluble "B" vitamin is essential in the health of the nerves, and to the proper functioning of the organs of the body. Appetite and digestion are dependent upon it. On a restricted cereal diet there is danger of an insufficient supply of this vitamin, but the general American diet supplies the "B" vitamin to an extent that we need worry little about it.

Abundant sources: Fresh eggs, the germ of cereals, yeast.

Moderate sources: Lean meat, whole grains of cereals, beans, dried peas, milk.

Water-Soluble "C" Ordinary domestic cooking does not impair the efficiency of the "C" vitamin, nor does cold storage under two or three months. But salting and drying, as well as prolonged high heat, destroy it.

The water-soluble "C" vitamin must be treated with the greatest care. Its effect is easily destroyed by heat, and it is only by thoughtful planning that both adults and children receive a sufficient supply.

This vitamin prevents scurvy and diseases of the skin, and is thought also to be necessary for sound tooth development. Its absence from the diet is accompanied by languor and depression.

Abundant sources: Oranges, lemons, raw cabbage, watercress, tomatoes (fresh or canned).

Moderate sources: Berries, apples, grapes, bananas, onions, lettuce, cooked cabbage, cooked carrots, cooked spinach, cooked potatoes.

Health as Well as Pleasure. Experiments have shown that cabbage, carrots, spinach and potatoes, carefully cooked in a small amount of liquid, are comparatively rich in "C" vitamins. Prolonged cooking destroys this altogether, as does the addition of soda. Since these vitamins are soluble in water, it is easy to lose much of them if the water in which they were cooked is poured away. Utilize it whenever possible in soups and sauces.

From the foregoing outline, it may be seen that the housewife who includes a supply of fresh milk and butter, whole cereals and fresh fruits and vegetables in her daily menu, is insuring a safe supply of these vital elements. It is not essential that all three vitamins be represented in each meal, simply that the day's ration includes them somewhere.

Our modern tendency is toward foods that are palatable and easily prepared. These highly refined foods need not be excluded, merely supplement them with the foods as nature provides, with their vital properties unimpaired. Thus we will eat for health as well as for pleasure.

If Hubby Doesn't Like the Dresses He's Not Responsible for Wife's Bills, But If He Does He Must Pay

LONDON, (by mail).—Is a husband responsible for his wife's dressmaking bills? Not if he doesn't like the dresses, according to a judicial decision in the king's bench division of the British high court of justice. But, however, extravagant she may have been, if she wears the dresses and her husband praises them or otherwise shows his approval of them it is useless for him to try to be quit of the responsibility for the dressmaker's account on the plea of extravagance.

The question arose in a case in which a court dressmaker of Hanover Square brought suit against the king's cellerman of St. James palace, namely Major Kingscote, for payment of her little bill of \$1,500 or so. The question was whether the husband or the wife was liable for the cost of certain articles of dress supplied to the wife while they were living together.

Now here is the court's first axiom of domestic finance: A wife living with her husband has, as manager of his household, presumptive authority to pledge his credit for what are called necessities. You can't get away from that, under the English common law. Even if he withholds that authority, deliberately and publicly, she may pledge his credit against his will if she is not otherwise provided for.

But, if the wife has a dress allowance? That is a very bad thing to have, from the wife's point of view; it means, in the eyes of the law, a limitation of her spending power, for she cannot pledge her husband's credit beyond the amount of that allowance. By making her an allowance, in the words of the court, the husband has "negated" her authority. But if she has an income of her own, she may apparently spend it all and then go on to pledge her husband's credit for "necessaries"—a difficult rule to apply, the judge admitted. She might, for instance, have an income which would provide for her boots, but not for her dresses, or for her day dresses and not her evening dresses, and so the question might arise whether the dressmaker or the dressmaker was to look to the husband "to the exclusion of the wife's private estates."

But what are necessities when a woman clothes herself? Is it enough for her merely to protect herself from cold? The law is not concerned with fashion or good taste or any of these artistic matters, but the law, especially in England, recognizes class distinctions. A wife must keep up appearances. If she has married a man whose family has a certain position, she must dress in a way—not to please herself, that is no concern of the law, either, unless women are on the jury—but in a manner of which the husband can approve. She must dress in such a style that she can go into his circle. If he moves in a refined and comfortable living circle, she can pledge his credit for all the pretty things she needs.

to make a proper and becoming appearance in that orbit.

There is no such thing as "luck" in baking when the oven heat is measured. Yes, measured, by so simple a means as a little thermometer which peeks slyly into the oven and lets you know at a glance whether the cake is in danger of burning. It is a simple thing to regulate the oven heat with this sort of guide, though if you are fortunate enough to have one of the new model ranges which have automatic oven control, you do not even have to regulate it.

But to matter how long you have been using your range you will discover new possibilities by the use of an oven thermometer. Flavors are developed, textures made perfect by the proper application of heat. For the novice cook an oven thermometer is a friend indeed, for

fully half the troubles which the average beginner finds, may be laid directly to uncertain baking. The experienced cook can usually tell "by the feel" how hot the oven is, but even she is not infallible, though the failures are attributed to "luck" not to uneven heat.

THERMOMETER FOR YOUR OVEN

No Such Thing as Luck in Baking When the Heat Is "Measured"

The amount of food that is placed in the oven at one time must also be considered. A large amount of cold foods cool the oven, requiring a hotter temperature at the start than is necessary for a small amount of the same food. After the food is heated through, however, the heat should be the same, regardless of the amount being cooked.

The shape of loaves is important. A half-pound loaf of cake, baked in a 4-inch pan, will be done at a higher heat than the same weight of cake baked in a loaf for the best penetration to the center.

Rolls made of bread dough may be baked in a much better oven than can be used for the loaf of bread.

The composition of the batter or

dough governs the baking temperature to a large extent. The more sugar the mixture contains, the lower should be the heat, to avoid burning. When molasses is used, a low temperature is imperative. The more butter used, the higher should be the temperature, at least, until the cake is "set" to keep it from falling.

Experience shows that there are often two ways of handling the temperature to obtain good results. For example, bread, which will rise only be placed in a very hot oven, 400 degrees, then the heat reduced to finish baking. Or it may be put into a moderate oven, 350 degrees, before it has raised quite so much, and allowed to rise completely while the oven is being heated up to 400 degrees, then reduced to finish baking.

It must be remembered too that when food is being cooked on two shelves in the oven, that on the upper shelf browns slowly on the bottom, and that on the lower shelf, remains pale on the top. As soon as there is no danger of disturbing the food by handling, change the positions to make the browning more uniform.

To Remove Fat. Equal quantities of ammonia and turpentine will remove paint from clothing. Saturate over and over again till all off, then wash out in soapsuds.

Old brass can be brightened by scrubbing with strong ammonia if afterward rinsed in clear water.

TO MAKE CHEESE CAKES

Here Is a Recipe That Will Give the Best Results.

Grate the rinds from two lemons very lightly and then place in a mixing bowl and add two-thirds cup of finely sifted bread crumbs, juice of three lemons, one-half cup of melted butter, one-half cup of finely chopped raisins, one and one-fourth cups of sugar, one-half teaspoon of nutmeg.

Stir to blend thoroughly and then let stand while preparing the following mixture. Place in a saucepan one cup of water, five level teaspoons of cornstarch.

Stir to dissolve and then bring to a boil and cook slowly for five minutes. Take from the fire and add yolk of two eggs. Beat hard and pour over the mixture in bowl. Stir to mix and then let cool. Now line individual party pans with plain pastry, fill with the prepared mixture and bake in a slow oven for 25 minutes. Now, while the cakes are being, place the whites of eggs in a bowl and whip until they will hold their shape and then add one-half cup of granulated sugar, and whip until the mixture holds its shape. Place a spoonful on each piece and brown lightly.

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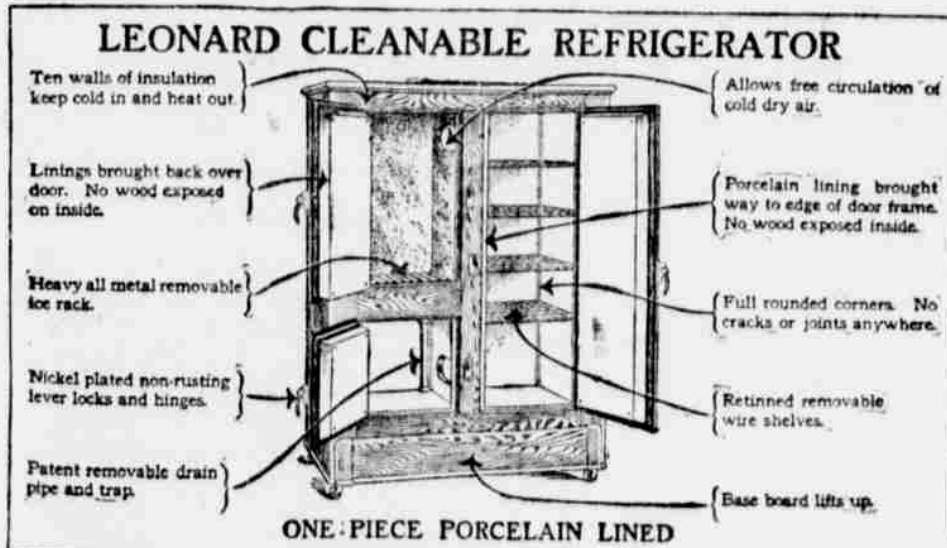
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